



New Spiritual HorizonsSM

Online Subscription and Home Study Program

Lesson 4 - Navigating Clear Courses

Week 1 - Like and Dislikes

Likes and dislikes are a sign of being involved in the game of greater and lesser. When you have likes and dislikes, you are judging. If you are truly one with all, no one thing can be better than another. It just is. This week we are going to explore how you might separate yourself from life through likes and dislikes.

Technique this week:

List 5 tasks you do not like to do.

- 1.
- 2.
- 3.
- 4.
- 5.

List 5 tasks you enjoy doing.

- 1.
- 2.
- 3.
- 4.
- 5.

What makes the second list of tasks more enjoyable than the first?

How can you change your attitudes toward the first list of tasks so you can be one with them?
